

Who Are You?

Have you ever noticed that as we get older, there are times when we just smile and think about the time when...

Sometimes, we remember what it was like to be a child, carefree, having fun, laughing and playing, without a care in the world. Too often, we fail to remember or “think about” those things of the past that have shaped us and made us who we are today. It has been proven time and time again that as we grow, we learn from our parents, friends, enemies, co-workers, supervisors, etc. We continually learn and grow, becoming who we are. But sometimes, we get lost along the way, and start to try and be what others expect us to. So, who are we really?

The following exercise may seem a bit strange, but it really works — it makes you think, it helps you to remember — so that you can find out who you really are.

1. WRITE YOUR LIFE STORY — JUST SIT DOWN WITH A NOTEBOOK AND WRITE. WHO KNOWS, MAYBE YOU HAVE A BEST SELLING NOVEL BURIED DEEP DOWN INSIDE. EVEN IF IT'S NOT NOVEL MATERIAL, YOU ARE TAKING TIME FOR YOU AND DISCOVERING WHO YOU ARE.
2. WRITE DOWN THE BEST TIMES YOU HAD AS A CHILD, WHEN YOU WERE FIVE, THEN TEN, THEN FIFTEEN, THEN ... WHAT WERE YOU DOING? HOW DID IT MAKE YOU FEEL? WHAT OR WHO DID YOU PRETEND YOU WERE? SOMETIMES, THE ANSWERS TO YOUR GOALS GO WAY BACK TO WHO YOU WERE AS A CHILD. YOU MAY EVEN DISCOVER THAT YOUR CAREER CHOICE WAS INFLUENCED BY WHAT YOUR PARENTS OR PEERS EXPECTED YOU TO BE, NOT REALLY WHAT YOU ORIGINALLY HAD IN MIND.
3. MAKE A LIST OF WHAT YOU LIKE TO DO NOW. WHAT ACTIVITY MAKES YOU THE HAPPIEST?
4. NOW MAKE A LIST OF WHAT YOU DISLIKE THE MOST. WHAT ACTIVITY DO YOU FIND YOURSELF DOING THAT YOU ABSOLUTELY HATE?
5. KEEP A JOURNAL, IF YOU DO NOT ALREADY. WRITE DOWN HOW YOU FEEL, GOOD OR BAD; WHAT YOU WOULD HAVE CHANGED; HOW YOU COULD HAVE CHANGED; WHAT HAPPENED; AND HOW YOU FEEL. A JOURNAL ALLOWS YOU TO EXPRESS YOURSELF WITHOUT ANYONE ELSE KNOWING; SOMETIMES THAT'S THE FIRST PLACE TO START FINDING WHO YOU ARE.

The above exercise usually cannot be done in one day, which is really is the whole point behind it. The exercise, (no you do not HAVE to complete all five, but it doesn't hurt), allows you to spend time alone with yourself. It is a self-discovery process of learning who you were, who you, are and who you can become. At times, a person will find that doing this exercise is such an eye opener, that setting and achieving his/her goals in life becomes much easier because they suddenly realize who they really are and what they really love to do.

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